

NOVEMBER 2025

All classes are FREE & provided by Lanai Community Health Center. Donations are appreciated.
Help us to continue our mission to provide quality healthcare on Lanai.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	4 11:00AM <i>Water Stability & Mobility (Community Pool)</i>	5 11:00AM <i>Water Stability & Mobility (Community Pool)</i>	6 11:00AM <i>Water Stability & Mobility (Community Pool)</i>	7 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	8
9	10 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	11 HOLIDAY 11:00AM <i>Water Stability & Mobility (Community Pool)</i> 	12 11:00AM <i>Water Stability & Mobility (Community Pool)</i>	13 11:00AM <i>Water Stability & Mobility (Community Pool)</i>	14 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	15
16	17 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	18 11:00AM <i>Water Stability & Mobility (Community Pool)</i>	19 11:00AM <i>Water Stability & Mobility (Community Pool)</i>	20	21 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	22
23	24 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	25 11:00AM <i>Water Stability & Mobility (Community Pool)</i>	26 11:00AM <i>Water Stability & Mobility (Community Pool)</i>	27 HOLIDAY	28 HOLIDAY 	29
30			 Lānaʻi Community Health Center 565-6919 #LANAIHEALTH wellnessliving@lanaihealth.org			

**Make
November
a month to
remember**

**CODE FOR ALL
ZOOM CLASSES**

851-2230-2274

**Classes with
no specific
location will
be located
around the
community
pool -
basketball
court,
football field,
grass area
near parking
lot**